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METRO PARKS ADAPTED LEISURE ACTIVITIES (ALA)

Kentucky Wheelchair Athletics Assoc. (KWAA)



The Southern Parkway Mile is sponsored by Mattress & More and presented by Swag's Sport Shoes.

FIRST RESPONDERS RUN

All area firefighters, police officers, EMS employees, nurses, doctors and medical personnel are invited to enter this one mile run at 8:10 P.M.

THE WESTERN KENTUCKY ALUMNI RACE

Wear your WKU shirt and join current students, faculty and alumni of Western Kentucky for a one-mile run along historic Southern Parkway. For information call 456-2428.



8K RUN

The start line will be approximately 50 feet from Summers Ave. towards New Cut Rd. on Southern Parkway near Iroquois Middle School. Racers enter Iroquois Park and follow Rundell Rd. around the park and back onto Southern Parkway to the finish line near the gazebo and Woodlawn Ave. Line up will begin at 8:50 P.M. at the start line. *(Runners may enter only ONE Division – no double dipping.)*

Monetary Awards for Overall Winners:
\$500 for First Place Male and Female
\$300 for Second Place Male and Female
\$200 for Third Place Male and Female

Monetary Awards for Masters (40+)
\$100 for First Place Male and Female

Monetary Awards for Grand Masters Division (50+)
\$100 for First Place Male and Female

New Balance will award a pair of running shoes to the winner of each age category in the 8K Run. Second and third place finishers will receive gift certificates to Swag's Sport Shoes.

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Proceeds from the race will benefit the Kentucky Wheelchair Athletics Association (KWAA) and Metro Parks Adapted Leisure Activities.

KENTUCKY WHEELCHAIR ATHLETICS ASSOCIATIONS (KWAA)

KWAA is an independent, non-profit organization supporting sports and recreation opportunities for individuals with physical disabilities. KWAA offers opportunities to individuals with disabilities to enhance quality of life, promote physical fitness, introduce recreational and wheelchair sports and challenge participants to perform at a competitive level. For more information, call 502-582-7618.

ADAPTED LEISURE ACTIVITIES (ALA)

Metro Parks Adapted Leisure Activities offers recreational opportunities for adults and those with mental and/or physical disabilities, their friends and families. For more information call 456-8148.

HOST HOTEL

Executive West Hotel, 830 Phillips Lane, Louisville, Ky 40209, 1-800-626-2708, www.executivewest.com
Reference *Southern Parkway Mile* for special room rates.



Free Parking

Available at Iroquois High School, 4615 Taylor Blvd.



SOUTHERN PARKWAY MILE AND 8K RUN

PRESENTED BY SWAG'S SPORT SHOES

ONE MILE RUN/WALK AND 8K RUN
Saturday July 12, 2008
6:00 P.M.

SPONSORED BY



Finish Line Festival

Sponsored by the Beechmont Neighborhood Association and O'Shea's Irish Pub. Located at Southern Parkway & Woodlawn Avenue. Food, games, and music for the entire family from 5:00 P.M. - 11:00 P.M.

Free Admission



GENERAL INFORMATION

DATE

Saturday, July 12th, 2008 beginning at 6 p.m.

REGISTRATION

July 5, 2008. Registrations must be postmarked on or before July 5th, 2008. Mail to: Southern Parkway Mile, 8116 Shobe Lane, Louisville, Ky 40228-2219.

INFORMATION

502-239-8239 or 502-368-2443

WALK-IN REGISTRATION

Available during normal business hours at Swag’s Sport Shoes, 7415 Old Third Street Road, 502-368-2443. (No registration at this site on Saturday, July 12th)

LATE REGISTRATION

Late registration will be accepted July 7th-July 11th at Swag’s for an additional \$5 fee. NO registration at Swag’s on July 12th. Late registration on July 12th begins at 5:00 P.M. at (1) Southern Parkway and New Cut Road (start area) and (2) Southern Parkway and Woodlawn Avenue (finish area). Late registration for children 5 & under will be at the 1/4 mile start line and late registration for children 6-10 will be at the 1/2 mile start line.

RACE PACKETS

Available from 10:00 a.m.-8 p.m. at Swag’s Sport Shoes (7415 Old Third Street Road) on Wednesday, July 9th, Thursday, July 10th and Friday, July 11th. Packet pickup on July 12th begins at 5:00 P.M. at Southern Parkway and New Cut Road at the start line ONLY.

EARLY REGISTRATION FEES

Must be postmarked on or before July 5th.

5 and Under and 6-10	\$5.00
Walk, Fun Run	\$10.00
Doggie Dash/Walk <i>(includes Fashion Show/Contest Fee)</i>	\$10.00
Canine Leisure Wear Contest ONLY	\$5.00
All Other Groups	\$15.00

Family of Four \$40.00*
*Early registration only. (All Family of Four race applications must be submitted at the same time or registration will be voided.)

CANINE LEISURE WEAR FASHION SHOW & CONTEST

Time: 7:30 P.M. Theme: Summer Vacation. Bring your dog dressed for summer fun and fashion. Categories: Best Dressed small breed under 25 lbs & Best Dressed large breed over 25 lbs. Bring shot records and name of veterinarian. Late registration for the Fashion Show and contest is 5:00-7:00 P.M. at the stage located at Southern Parkway and Woodlawn Avenue. \$10 entry fee for Doggie Dash/Walk (includes Contest entry) \$5 entry fee for Contest ONLY. A portion of the Contest fee will be donated to the Golden Retriever Rescue and Needy Dog Foundation (GRRAND). Sponsored by Southside Pet Shop.

DOGGIE DASH/WALK

Time: ??? Entry Fee: \$10 (includes Contest fee) Bring shot records and name of veterinarian. Prizes will be awarded to First, Second and Third Place finishers. Sponsored by Southside Pet Shop.



RACE DIVISIONS AND START TIMES

5 & Under (1/4 mile)	6:00 P.M.
ALA Walk (1/4 mile)	6:05 P.M.
6-10 (1/2 mile)	6:10 P.M.
1 Mile Fun Run	6:20 P.M.
1 Mile Walk	6:30 P.M.
Doggie Dash/Walk	6:50 P.M.
11-14 Years	7:00 P.M.
15-19 Years	7:10 P.M.
20-29 Years	7:20 P.M.
30-39 Years	7:30 P.M.
40-49 Years	7:40 P.M.
50-59 Years	7:50 P.M.
60 & Over	8:00 P.M.
First Responders Run	8:10 P.M.
WKU Alumni Race	8:20 P.M.
Wheelchair Race	8:30 P.M.
8K Run	9:00 P.M.

RELEASE OF RESPONSIBILITY

In consideration of your acceptance of my entry, I, for myself, my heirs, executors, administrators and assigns, do hereby waive and release Mattress & More, Swag’s Sport Shoes, Southern Parkway One-Mile Race, the KWAA, Frazier Rehab Institute, Jewish Hospital Health Network, Louisville Metro Parks and its agents, directors, officers, employees and volunteers, all sponsors, Jefferson County, the City of Louisville and any others involved in promoting this race, their successors, representatives and assigns from any and all claims for damage arising from my participation in the Southern Parkway One-Mile Run/Walk and 8K Run on Saturday, July 12th, 2008 in Louisville, Kentucky. I hereby represent that I have full knowledge of the risks involved in participating in this event and am physically fit and sufficiently trained to participate in this event.

Signature _____
Parent’s Signature (if under 18) _____

SOUTHERN PARKWAY ONE-MILE RUN/WALK AND 8K RUN
Saturday, July 12th 2008

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____
Sex: M or F Date of Birth: _____

CIRCLE ONE RACE DIVISION ONLY

5 & Under	6-10	1-Mile Fun Run	1-Mile Walk
Doggie Dash/Walk	11-14	15-19	20-29
30-39	40-49	50-59	60-64
65-69	70+		
First Responders Run		WKU Alumni Run	
Wheelchair Race		8K Run	

RACE ENTRY

_____ x \$ _____ = \$ _____
Total Amount Enclosed: \$ _____
Please make all checks payable to: Southern Parkway Mile
A \$5 late registration fee is required from July 6th to July 12th.